

What people have said about the AEHA's booklet Excerpts from the Forwards

"It is certainly fortunate for Canadian students and teachers that the Allergy and Environmental Health Association has prepared this education material to address the Environmental, Health and Learning connection. What we eat, touch, and breathe unquestionably, can affect how we look, feel, act, behave, learn and remember. Missing this relationship will definitely jeopardize the future of some children.

"Many of the suggestions made in this presentation are not really difficult. The bottom line is to think about what the child ate, touched or smelled. If a child is ill mainly at home and better at school, think about what might be different within your home. If there are problems at school and the child is better at home, think about what might be different within the entire school. Think particularly about poor ventilation or molds. If a child is worse in one special room or area, ask yourself why? What is different in that location? If worse after meals, snacks or parties, think about foods and beverages. If worse after cleaning, remodeling, new furnishings, exposures to lavatory disinfectants, or science laboratories, think chemicals. If a child is worse on rainy days or in damp areas, think mold. If a child is worse outside during recess, think of pollen, mold, or pollutants, such as pesticides. In relation to all of this, remember, it is not *"how much but how sensitive"* that determines if someone will become ill or not. Some sensitive individuals, for example, can become amazingly ill from the slightest whiff of a wide range of chemicals odours."

**-Doris J. Rapp, M.D., F.A.A.A.,
Pediatric Allergist Specializing in Environmental
Medicine (Buffalo N.Y.) and author**

"Our physician members have repeatedly seen significant health improvements in hypersen-

sitive students and teachers after application of reasonable environmental control measures in their schools. The AEHA materials offer very useful guidance to pursue such measures."

**-L.M. Marshall, M.D., F.A.A.E.M., President,
Canadian Society for Environmental Medicine.**

"Problems in our schools are increasing: violence, behavioural disturbances and learning disabilities. Educators and parents should be aware that chemicals in the environment affect not only the physical but also the psychological health of children.

"Low-level exposure to toxins in our daily life via chemicals in the food chain, air, water and unsafe buildings contaminate both body and mind.

"This report is important for all students, educators and parents. The offered suggestions should be put into practice not only in schools, but in our homes and workplaces as well."

**-Jozef J. Krop, M.D., F.A.A.E.M., Secretary,
Canadian Society for Environmental Medicine,
and Board Member, American Academy of
Environmental Medicine**

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Help us so we can keep on helping you

The Ottawa branch of the Allergy and Environment Health Association is a registered charity and depends entirely on donations (except for the sale of books) to finance itself. With about 200 members in the Ottawa-area, membership is \$25.00 annually and pays for the branch's newsletter, mailings and meetings. Please consider a donation if you are unable to become a member.

PARENTS

Does one of your children have environmental hypersensitivities? Well, help is available.

The Ottawa branch of the Allergy and Environmental Health Association of Canada has available its widely acclaimed booklet "Accommodating the Needs of Students with Environmental Sensitivities".

The experience and knowledge of adults and children with environmental hypersensitivities is packed into this booklet, so others will not have to "learn the hard way".

The booklet may help you.



**Allergy and Environmental
Health Association
of Canada**

Help is near!

The Ottawa branch of the Allergy and Environmental Health Association of Canada offers for sale a 33-page booklet entitled "Accommodating the Needs of Students with Environmental Sensitivities" written by Elizabeth Stutt and Leslirae Rotor.

The six chapters of the booklet are entitled:

1. What are environmental sensitivities
2. Environmental Sensitivities and Schools
Some excerpts from the literature
3. How can a parent help a child with environmental sensitivities?
4. How can a teacher help a student with environmental sensitivities?
5. How can a school board help students environmental sensitivities?
6. Conclusion

The booklet also offers additional help which includes:

- a School Observation and Environmental Assessment Form,
- a List of Associations,
- a Glossary of terms commonly used by those familiar with environmental hypersensitivities,
- extensive lists of chemicals and naturally occurring substances which can trigger the symptoms and discomforts of environmental sensitivities.

These lists might also be helpful to adults who suffer from environmental hypersensitivities. The booklet also includes an extensive bibliography of books, reports and articles on environmental hypersensitivities.

Signs and Symptoms

Nowadays, many people of all ages experience a wide range of adverse reactions to common substances in our environment. At exposure levels well below those that might affect the average person, environmentally hypersensitive people have reported the following signs and symptoms:

Emotional and Mental

- * Poor concentration and memory loss
- * Difficulty solving problems
("can't think straight")
- * Inconsistent performance
("erratic")
- * Mood and personality changes
("moodiness")
- * Frequent absences
- * Irritability and aggressiveness
- * Drowsiness, fatigue, and exhaustion
- * Depression and suicidal tendencies

Physical symptoms

- * Frequent or regular headaches and migraines
(especially in some areas or buildings)
- * Irritated or watery eyes
- * Frequent styes in eyes
- * Puffy bags or dark circles under eyes
- * Red ears or ear lobes
- * High pulse
- * Frequent earaches and sinusitis
- * Stuffy or runny or itchy nose
- * Coughing, wheezing, asthma
- * Breathing through mouth
- * Frequent throat clearing
- * Stomach aches and diarrhea
- * Eczema, hives and other skin rashes
- * Sensitive to light or disorientated vision
- * Weakness (lack of stamina) and dizziness
- * Seizures, convulsions and tremors

Order Form

Please send me ____ copies of the booklet "Accommodating the Needs of Students with Environmental Sensitivities". The cost is \$15.00 per copy which includes postage and handling. Orders from the United States should include payment in U. S. Funds. Orders from other countries should include an additional \$7.00 U. S. if air-mail delivery is required.

Shipping address

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to **AEHA Ottawa Branch**

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Thank you